



September 2020

AFRH W-Recreational Activities



Due to Covid 19 restrictions, many recreational activities have been altered to keep residents safe according to CDC best practices. Under guidance of management, we are slowly returning some activities to the schedule, adhering to precautions. Please see flyers and channel 2 Senior TV for updates.

3rd 1:30 Movie Selection Meeting-Game Room
 4th Labor Day Lunchtime 
 11th 10:00 Chicken Fried Rice Demo-CC
 17th 1:00 Jeopardy-Theater
 25th 1:00 Cup Pong Challenge & Ice Cream-CC

With Carol
 and Amanda
 Wed. 9:00 am
 Senior TV Ch 4



RELIGIOUS SERVICES

Catholic:

SUNDAYS - 9:00 a.m. Ross Chapel
 WEEK-DAYS - 8:00 a.m. Ross Chapel



Protestant:

SUNDAYS 9:00 a.m. -Scott Mediation Rm
 10:15 a.m. - Stanley Chapel
 videotape 9 & 10:15 a.m. Senior TV



POPCORN & MOVIE MONDAY's

Pick up a box of freshly popped popcorn along with a movie @ 1:30 pm

Lunch Line TRIVIA TUESDAY

11:00 am Lunch Line Trivia-Can you answer the questions?



Bowling Shootout

Tuesdays 1:00 pm Bowling Center



Tuesday Outdoor Activities 9:00 am Meet at the Canteen
 1st Corn hole, 8th Bocce, 15th Horseshoes, 22nd Bike Ride,
 29th Walking looking for deer's



Wednesday's

Bingo -1:00 pm Community Center

THIRSTY THURSDAY's

Enjoy an ice cold drink to go with your lunch!



THERAPEUTIC POOL OPEN 8-4 pm Mon-Sat No more than 2 people at a time. Exit if Pool Tech comes in.

GYMS- Scott GI GYM is Open 24 hours (Please wipe equipment down before and after use)

Sheridan 7th Floor Gym open 7am-9 pm (Please wipe equipment down before and after use)

COMPUTER ROOM OPEN 24 hours NEXT TO THE HALL OF HONORS ONLY-All other computer labs are closed

24th Town Hall Video 10:00, 1:30, 6:30 Senior TV Channel 4

September Events

Tuesday, 11th RT Big Bucks Bingo-card distributed lunchtime
 Tuesday, 15th Birthday Dinner at 4:30 pm
 Friday, 18th Celebrating Air Force Birthday Virtually
 Friday's 4pm Saloon Night in Defenders Inn



HAPPY BIRTHDAY



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